



**FREE Upcoming Health  
Programs  
Starting September, 2021  
in Albright Memorial Library**

**Freedom From Smoking**

**Diabetes Prevention Program**

**Caring and supportive team of NEPA AHEC  
will be conducting the above programs  
in person or virtual.**

**Pre- register for information sessions held  
on Zoom every 1st and 3rd Tuesday of  
every month.**

**Call or Text: 570-209-9644**

**OR Email**

**info@ecneahec.org**

**to receive your Zoom link.**

